

“OUR JOB IS TO TAKE CARE OF OTHERS, NOW LET’S TAKE CARE OF OURSELVES: *EMPLOYEE WELLNESS*”

Purpose of Health Education Network Meetings:

1. To provide a health education forum for county wide health educators to: collaborate on projects/activities, share resources, network, eliminate duplication of efforts, provide updates, and voice needs and concerns.
2. Address training and other health education needs based on health educators’ professional and personal areas of interest.
3. Keep the health education staff abreast of internal and external topics, including trends and issues affecting the practice of health education.

Desired Outcomes of this Health Education Network Meeting:

1. Describe employee wellness programs in various settings within LACDPH
2. Discuss successes and challenges of implementing employee wellness programs
3. 4. Discuss recommendations regarding employee wellness

Agenda			
Timeframe	What	How	Who
1:30 – 1:40	Welcome Review Previous Meeting Minutes	Introductions Review of Minutes	Fred Dominguez <i>Health Education Administration</i>
1:40 – 1:50	Quick announcements	1-2 minute announcements	All Attendees
1:50 – 2:00	Overview of meeting and panel introductions	Background information	Fred Dominguez <i>Health Education Administration</i>
2:00 – 2:30	Panel discussion	Overview of current employee programs in LACDPH	Panelists/Facilitator
2:30 – 2:40	Questions and answers		All Attendees
2:40 – 3:00	Personal Break /Exercise Break		Erika Siever <i>Health Education Administration</i>
3:00 – 3:30	Panel discussion (continued)	<ul style="list-style-type: none"> • Successes • Challenges • Recommendations 	Panelists/Facilitator
3:30 – 3:40	Questions and answers		All Attendees
3:40 – 4:00	Closing remarks and evaluation		Panelists/Facilitator

Announcements and Reminders:

1. This monthly meeting will rotate locations. **May’s meeting** will take place at: 3530 Wilshire Blvd. Los Angeles, 90010, 8th floor, Conference Room C
2. Visit the HEA website at <http://lapublichealth.org/hea> to view a calendar of health education events, including Health Education Network meeting dates, themes and locations.